



H.E.F. CANADA QUARTERLY

The Human Ecology Foundation of Canada

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HUMAN ECOLOGY FOUNDATION OF CANADA

H.E.F. CANADA QUARTERLY

The H.E.F. Canada Quarterly is a publication of the Human Ecology Foundation of Canada, a charitable organization under Canadian law, operating on a non-profit basis. THE QUARTERLY is for people who are interested in health and its relation to our environment. It deals primarily with research in the field of clinical ecology, and also describes how people have improved their health by changes in habits, diet and environment. As such, it does not offer medical advice, and we urge persons wishing to experiment with changes in their lifestyle to do so with the help and guidance of a knowledgeable physician.

HUMAN ECOLOGY FOUNDATION OF CANADA

One of the purposes of the Human Ecology Foundation is to promote the free exchange of information on the prevention and treatment of ECOLOGICAL ILLNESS. People who are ecologically ill and/or environmentally hypersensitive are no longer able to adapt well to common and increasing exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, in water, or in their home and/or workplace environments.

Natural inhalants such as pollens, dust and moulds, and even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as "allergy", but the many synthetic chemicals that are now common around us can also cause symptoms, and overexposure to these can trigger ecological illness even in those with no history of allergy or other sensitivity to the environment. Symptoms may be mild and merely annoying, or they may become severe enough to interfere with a person's daily activities, family life, and career.

On a local basis, HEF branches work toward finding sources of chemically less-contaminated food, water, clothing, and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms. H.E.F. and all its branches would like to encourage others to become involved not only in research on the effects of environment on health, but in working toward a healthier, less-polluted environment.

ENVIRONMENTAL HYPERSENSITIVITY IS A CHRONIC MULTISYSTEM DISORDER USUALLY INVOLVING SYMPTOMS OF THE CENTRAL NERVOUS SYSTEM AND AT LEAST ONE OTHER SYSTEM. (Thomson Committee Report 1985).

SUBSCRIPTION AND MEMBERSHIP

Membership in the Foundation includes a subscription to the HEF CANADA QUARTERLY which is published four times per year. Annual membership and subscription fee is \$20. WE INVITE NEW MEMBERS!

PRODUCT INFORMATION mentioned in THE QUARTERLY should be carefully evaluated for personal compatibility, since individual sensitivities vary widely. Mention of a product does not imply that H.E.F. endorses that product or service.

P R E S I D E N T ' S M E S S A G E

Happy (almost) spring, fellow members:

This will probably be my last letter to you as president of the Human Ecology Foundation of Canada. I would like to thank all of the people who have helped me over the past two years.

I hope that as many of you as possible will attend the conference on April 4th, 1987. Your attendance will show us if we should have another conference. I must apologize for the errors on the brochures - they were my mistakes. I have been having a few problems of late, and am functioning at half mast. The first error was the omission of Dr. Stuart Hill. I am sure that his topic, PRACTICAL ALTERNATIVES TO PESTICIDES IN GARDENING AND YARD MANAGEMENT, will be of utmost importance to all of you. Dr. Hill is an excellent speaker. The second omission is also important. You are all invited to buy tickets to the ORGANIC BANQUET. The cost is \$35.00 per person, and there will be live entertainment as well as good food. It isn't very often that we can enjoy an evening out with tolerable food, no perfume or smoke, and entertainment. We're hoping for a great turnout.

Thank you all for past support. Don't forget that we are as important and needy a charity as any other. Lobbying is expensive. We need your continued personal and financial support.

Ecologically yours,

Lynda J. Brooks, R.N.
National President

THE H.E.F. CANADA QUARTERLY is a communications line that belongs to all of us. We welcome your comments and contributions, your articles and inspirations. DON'T FORGET TO WRITE SOON!

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DE-SMELLING OURSELVES

by Dr. Virginia Salares

Too frequently, we find new members who come to meetings with a long list of symptoms and sensitivities. Nearly everyone is sensitive to perfumes, and yet we find that those who declare they are sensitive to smells often exude perfume scents.

The olfactory nerves can become deadened to a particular scent over a long period of habitual use, and the wearer eventually loses sensitivity to that scent. Liking the odour, resulting in addiction and masking as that of cigarette smokers to smoke, can also happen in some cases.

PERSONAL COSMETICS

Where do the smells come from? Not necessarily from perfumes as such, but from make-up foundation, face powder, lipstick, hand lotion, body lotion, after-shave, deodorant, bath soap, hairspray and hair shampoo. To find out if you are sensitive to any of what you are presently using, go off all or as many as possible for a week or two. Try Ivory soap (unscented but drying on the skin) and an unscented biodegradable shampoo. Introduce the cosmetics singly and observe your reactions. It is not easy to get cosmetics that are scent-free. So-called "hypoallergenic" cosmetics can make the person with Candida [and/or the exquisitely hypersensitive] very ill. Because individual tolerances vary, it takes time and patients to find personal products that are tolerable.

DETERGENTS

The most ignored source of scents is the smells from clothes. Most children's clothes especially, smell strongly perfumed from the fabric softeners and detergents used. Even outside, some children smell so strongly that those with chemical sensitivities cannot go near them. Imagine what it is like in a non-ventilated classroom with 30 or more children wearing perfumed clothes! You might say you don't use Bounce or any other fabric softener. Your clothes could not possibly smell. Wrong! Those much touted readily available detergents like Tide (scented), Fab, All, Sunlight, Cold Power, etc. are strongly smelling and deadly to most of us. That means that if you are wearing clothes washed in these detergents, a chemically sensitive person will not enjoy being near you, to put it mildly. Using them on clothes of one with a very sensitive skin could exacerbate skin problems.

CHEMICAL LOAD

Apart from the adverse effect of the scents on other people, you and other members of your family wearing the clothes are burdened with a chemical load 24 hours a day, day in and day out. Beddings, towels, curtains and rugs washed in scented detergents can make the whole house fragrant, contributing chemicals to the air you breathe. This chemical load can make a significant contribution to the total chemical load on the body.

SOLUTIONS

How can you de-smell your clothes? Unfortunately, the scents "stick" and are hard to remove. Scented clothes given to my children could not be rendered smell-free even after five times of washing with good [safe] detergents. But soaking the clothes in baking soda (not washing soda, which is perfumed) for half a day or longer helps.

Which detergents are tolerable? It is difficult to make recommendations because each one of us has different degrees of sensitivity. The selection should be made on the basis of individual tolerances. Heavenly Horsetail, Amway SA-8, Shaklee Basic H and Nature Clean are among the products tolerated by sensitive members. [Soap Shoppe 'Choice' is another.]

Note that not all products made by a company are equally acceptable. For example, Shaklee Basic L has a smell while Basic H is less odourous. Unfortunately, the good products are costly. The price of a gallon of Nature Clean increase substantially in the last year. For washing dishes it can go a long way, but it is cost-prohibitive to use for a large family's laundry.

Some can tolerate Ivory Snow. It is not a heavy duty detergent, but one can add some Borax, a cleaning booster that does not impart any smell. (I do not know the impact of borax usage on groundwater and therefore, I urge caution in using excessive amounts). The use of baking soda added to the wash before the final rinse can get rid of residual detergent odours. Choose the least odourous detergent you can find, use as little detergent as you can to still get the wash clean, and add at least twice as much baking soda as the amount of detergent. (Baking soda can be ordered in bulk from health food stores.

One of the newest introductions in the market is unscented Tide. It is not tolerated by most chemically sensitive people, probably due to some chemical components. The appearance of an unscented detergent, however, is encouraging. Other manufacturers will hopefully follow suit. If the public accepts unscented detergents, we may have a less fragrant society!

* * * * *

VITAMIN E HELPS PMS Vitamin E may help to relieve some of the symptoms of premenstrual syndrome, according to MODERN MEDICINE. In a study of 75 women with benign breast disease, Dr. Robert S. London found vitamin E significantly reduced the PMS symptoms of anxiety, headaches, craving for sweets, and depression. The optimum daily dosage seems to be 300 IU. [Let's LIVE, Sept. '86]

SUNNYHILL RESEARCH CENTRE NEWSLETTER

by Bruce and Barbara Small

This is the year that we have all been waiting for - a year in which Sunnyhill opens for full service to environmentally sensitive individuals. The pieces are coming together, one by one, to fulfil a dream that began almost a decade ago. We are proud to have made it, and we welcome everyone to join in our celebrations as we run the last laps in this extended marathon.

We built Sunnyhill Research Centre to help conquer environmental illness. It is a haven, in which people who have become hypersensitive to the many pollutants in modern life can begin to function normally, without the invisible chemical load their body rebels against.

Sunnyhill will operate as an educational institution. We will offer a full array of courses, personal counselling, telephone consultation, and educational materials, all designed to help environmentally sensitive individuals cope with life and return themselves to health.

We will offer live-in courses, up to a month long, for those whose doctors have prescribed an especially clean environment. During this period, we will provide information, support, education, and full access to whatever scientific and medical information is available from our library and research work.

Appointments may now be made with Bruce or Barbara for a variety of counselling services by telephone. These include:

1. FIXING YOUR ENVIRONMENT

- how to figure out whether anything in your environment bothers you
- how to reduce your chemical exposures
- how to make your present home cleaner
- how to build a clean home

2. GETTING WELL

- who is available to give medical advice about environmental sensitivity
- how to implement and cope with your doctor's advice about environmental illness
- what we hear from others, as to what they did to get well

3. ADAPTING TO ENVIRONMENTAL ILLNESS

- how to stay optimistic about your future, if you are environmentally ill
- how to cope with family and personal relationships
- how to get on with more important things in life, despite your illness

All conversations will be treated as fully confidential. Counselling must be booked in advance, and will be subject to an

hourly charge plus telephone costs, if any. To book a time, please call either Bruce or Barbara at (416) 294-3531, state briefly the kind of discussion you would like, and the time that would be most convenient for you.

Our theme is that of putting the individual in full control of his or her health, medical treatment, surroundings, lifestyle, vocation and goals. The survivors of this illness are the ones who take full charge, despite their limitations.

Each person facing environmental illness seems to require a different combination of solutions. Medical treatment is one component - but it is seldom sufficient by itself. Environmental change is another important key to the puzzle. Diet and lifestyle changes are both important for many people. Personal support appears to be critical, but is often ignored.

The individual who is ill needs the power to decide which combination is right; he or she needs to be in complete control. To do so requires knowledge, confidence, optimism about the future, and the right environment.

We are expecting to complete the public access portions of Sunnyhill by late spring. At that time we will begin drop-in counselling services and a series of seminars and courses. We must ask those of our readers who are waiting for our live-in services to be patient. There are still a great many construction and furnishing details to handle before our special environment is ready for you. Rest assured, however, that we are working diligently toward the day, before 1987 is out, when we can open our doors to you. Do not hesitate to write, if you would like to be placed on a priority list.

Bruce has been involved in learning some new counselling techniques. We are finding that many old habits can impede our progress in getting well, and that some untested assumptions can sometimes be dangerous (for example, "the doctor is always right"). Barbara will also join in this training, and we are excited that it will add a new and productive facet to our approach here at Sunnyhill. Certainly those who are able to recapture their ability to think clearly seem to be most successful at getting well.

Some of you who have worried about us for some time will be delighted to hear that as part of our own personal growth, we are dispensing with our old 'martyr' tendencies, and most of our services and advice will be offered at a fee starting this year.

* * * * *

[If you'd like more information about SUNNYHILL RESEARCH CENTRE and its services, the address to write to is R.R. #1, Goodwood, Ontario, CANADA L0C 1A0. BRAVO! 'Tis a fine example of what discipline, determination and dedication can accomplish! MMN]

DETOXIFICATION

by Lynda J. Brooks, R.N.

In my search for health, I discovered detoxification, and have found it to be of great importance. Before I begin, I must state that ANYTHING WE DO SHOULD BE WITH THE KNOWLEDGE OF OUR CLINICAL ECOLOGIST OR PHYSICIAN. NEVER ATTEMPT DETOXIFICATION WITHOUT THE ASSISTANCE OF A HEALTH PROFESSIONAL.

Your body has built-in detoxification systems to safeguard itself. These organs are your lungs, skin, kidneys, liver and colon. The spleen is also a detoxifier of sorts. When one or more of these organs becomes ineffective, your body can start to build up toxins a little at a time until you get an overload. Certain conditions (such as Candida - the mycelium produce some 27 toxins) overwork these organs as well. Pesticides, herbicides and other chemicals can stress the detoxification organs and make them less effective. When your body builds up toxins, it works less efficiently, and disease is a byproduct.

There are many ways to detoxify. No one way is perfect, or safe for everyone. It is extremely individualized, because every person is as different as his or her tolerances.

THE LUNGS: In order to work well, the lungs need good, clean air. They work hard enough just filtering normal particles such as dust and pollens from the air, and exchanging oxygen and carbon dioxide. They are not equipped to deal with man-made vapours produced by pollution, the outgassing of synthetic materials, and so on. In order to assist your lungs in working more efficiently, you must give them air as unpolluted as you can, and learn to use all five lobes. This is made possible by deep (abdominal) breathing, which provides oxygen to a larger area, and produces more effective lung detoxification. You can see why an "oasis" is so important. You need and want to breathe in as few man-made vapours as possible.

THE KIDNEYS: Lymphatic and blood vessels go to the kidneys. Urine consists of 95% water and 5% solids, and is formed by filtration and reabsorption. Sugar and some salts are selectively reabsorbed. This process is continuous, and depends a lot on the blood pressure within the glomeruli. In order for the kidneys to be effective, they need clean, unpolluted water. How can urine be 95% water if you don't drink enough to keep up with the solid waste it has to eliminate? The fewer impurities you put in, the less your kidneys have to process. The more water you drink, the more impurities you can eliminate. Juicing can also help your kidneys detoxify your body. Drink clean water (either spring, R.O. or distilled). If you drink distilled water, remember to replace the trace minerals.

THE SKIN: Our skin detoxifies through our sweating. Some people do not sweat easily. This means that their skin is not a good way to try to detoxify. If you sweat easily, however, your skin

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can be an effective detoxifier. You store toxins such as pesticides in your fat. Since your fat is just below your skin, you can effectively eliminate these toxins through your skin. There are different ways in which your skin can be stimulated to become a more effective detoxifier. The Swedes use their skin to detoxify when they go cross-country skiing, then sit in hot tubs or saunas. The exercise frees the toxins, and then the sauna or hot tub eliminates them. A similar program is available in detoxification centres (called Health Med. or Body Pure), and is practiced by health professionals. Other ways to detoxify through your skin include skin brushing, loofa sponging, and baking soda, epsom salts, or chaporelle baths. The baths can be stressful if you do not tolerate these substances (or chlorine), and your heart can be stressed by the heat of all these methods. You also lose salts and trace minerals when you sweat, and these need to be replaced in order for you to stay healthy. If you wear synthetic clothing, your skin cannot breathe. Further, synthetic clothes give off vapours which can be absorbed by the skin. You can see how detrimental synthetic clothing can be, so give your skin a break and wear natural fiber clothing.

THE LIVER: The liver is very important. It not only detoxifies, but it also has many more functions such as making glucose available for cellular use, storing vitamins and minerals, and processing hormones. You can see why it is important to keep the liver in good working condition. Some early signs of liver toxicity are appetite loss, bad breath, boils, coated tongue, sensitivity to certain foods, excess gas, constipation or diarrhea, headaches, difficulty waking up in the morning, puffy eyelids, stiff hands and feet, aching joints, dark urine in the morning (which tends to clear in the evening and becomes more copious), nervous energy in the evening, etc. The importance of the liver can't be overemphasized. If it is not working effectively, you can become malnourished no matter how nutritious your diet is. Liver detoxification can be handled in different ways, and must be done with extreme caution. Our ancestors used to do liver flushes in the spring and fall (natural times for change). Liver flushes can be done with herbs, or by other methods, and are designed to break down fat (bile) and other deposits which collect in the gallbladder and liver. Flushes also relax the ducts, so when the liver and gallbladder constrict, they can more easily dump these substances to be eliminated through the bowel. You are also given oil, which stimulates the dumping. Coffee enemas can be used to stimulate the liver (this also stimulates the adrenals, so adrenal support can be necessary). Herbs can also be used as liver and blood purifiers. **PROFESSIONAL HELP IS NECESSARY WHEN THESE METHODS ARE UTILIZED!** Remember your liver has to process all foods, so if you eat non-organic (processed) foods, you overwork your liver. Be kind to your liver, and it will be kind to you.

COLON: The colon is thought by many not only to be a detoxifier but also the root of all medical conditions in some people. I do not totally agree with this statement, as many things can be contributing factors to ill health, but a putrid colon can be

very detrimental. Often, people get diarrhea when they are toxic because this is the body's way of trying to eliminate the offending substances. Parasites can also be a problem in the large and small intestines. If you have a putrid colon with parasites and Candida, what chance do you have to get better? Diarrhea, constipation and gas are symptoms which are our body's way of telling us that something is not functioning properly, and should be addressed. Eating a good diet of non-processed, fresh foods can help build a good flora and a healthy intestine. Your body is capable of utilizing organic foods, but not processed foods. There are many good books and approaches to making a healthy colon: coffee enemas, colonics, herbs, high fibre diets, low mucoid forming diets, etc. No one is wrong or right, but one (or in fact a combination) could be the best for you. Exercise and fasting are two more methods or aids to detoxify.

As you can see, detoxification is a big subject. Caution needs to be practiced. If you release the toxins too quickly, and your body can't eliminate them, you could end up in a toxic ping-pong reaction, or feeling very ill. On the other hand, detoxification can play a major part in your recovery. The key is to find the method which best fits your needs.

Some books for reference are:

THE DOCTOR PATIENT HANDBOOK by Dr. David Jensen
DIET AND NUTRITION by Dr. Rudolph Balentine
THE COLON HEALTH HANDBOOK by Robert Gray
METABOLIC TYPING by Tom and Carol Valentine
DR. CHRISTOPHER TALKS ON REJUVENATION THROUGH ELIMINATION
by John L. Christopher, M.H.

* * * *

[May we also recommend DETOX by Phyllis Saifer, M.D., M.P.H., and Merla Zellerbach. It has been excerpted in past editions of the Quarterly, and is now available in paperback. The hard-cover edition is available through H.E.F. Head Office (see list of available books). Thanks to our national president, Lynda J. Brooks, R.N., for her lesson on the subject of detoxification. The more we learn and understand about our malfunctioning bodies, the better our chances for treatment and recovery. MMN]

QUOTE, UNQUOTE

"We are the first generation of people exposed to the high levels of chemicals that our industrial society has produced. All the rules of medicine are different. We can no longer approach our health in terms of irradiation (diagnostic X-rays) and drugs (prescribed medications). Instead we look to the environmental causes, remove as many as necessary to reduce our symptoms, and restore the integrity of our damaged immune systems."

[Dr. Sherry A. Rogers, 'Let's LIVE', April, 1986, p. 56.]

ECOLOGY MINISTRIES, I.N.I.

by Jane Harmon, O.T.R., Director

Ecology Ministries, I.N.I. is a newly formed organization of volunteers, both patients and healthy people, who are concerned for the needs of those with sensitivities to foods, chemicals and other environmental factors. One of our first concerns is the need for locating safe housing for patients with various needs. Therefore, we have established a computerized clearinghouse to match those who can offer environmentally safe housing with those who are searching for it.

If you are aware of anyone who has safe housing available for patients on a long-term or short-term basis, we would be happy to add them to our files. There is no charge to hosts or to patients for this service. However, we do ask that any host who uses this service takes the responsibility for keeping us informed of the availability of his facilities and of any other changes in his file's data.

Patients who contact us for assistance in locating housing will be matched as closely as possible with a host who can provide what the patient needs, based on our records. The patient will be given basic information about the facilities available and the name and telephone number of the host offering the housing. The patient will then contact the host and make arrangements. If the bed in question then becomes unavailable, the host should contact us with that information.

We hope that this system will result in patients having to make fewer telephone calls and hosts receiving calls only when they have a bed available. Our telephone is answered seven days a week, days and evenings. It is answered at night (Central Time Zone) only for emergencies.

We request the following information from potential hosts who would like to take advantage of the services of this clearinghouse:

NAME OF HOST (Person to contact)

TELEPHONE

LOCATION OF HOUSING (city, state/province/nation)

NUMBER OF BEDS AVAILABLE and the

DATES OF AVAILABILITY (beginning and ending) for EACH bed

CHARGES, FEES OR RENT (optional)

CONDITIONS (any limitations you set on whom you can accept; e.g. women only, no children, limits on length of stay, etc.)

DESCRIPTION OF HOUSING (house, apartment, etc., urban, rural or other descriptions of setting; safe and potentially unsafe features. Can you provide services such as transportation, cooking or nursing or personal care? Do others live in the same facility or nearby? Is a clinical ecologist locally available? Are food and water locally available?

COMMENTS

We are pleased to be able to assist those whose lives are touched by environmentally induced immune deficiencies and we are grateful for your participation in this cooperative effort.

Yours in service to the environmentally ill,

Jane E. Harmon, O.T.R.
Director

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* * * * *

QUOTE, UNQUOTE

"The most likely explanation for ecological mental illness is that of cerebral allergy. We know that different people respond to an allergen in different ways with different parts of the body being affected; one person breaks out in hives, another produces excess nasal mucus, while still another develops intestinal problems, etc. Given that practically any part of the body can be affected by an allergen, it would be strange if the brain and central nervous system did not prove to be the vulnerable part for some people. Thus, just as allergy can produce tissue changes in the skin or mucous passages which are clearly evident, so could it lead to fluid secretion, swelling, changes in circulation, etc. which would affect the brain. Fluid secretions and swelling of surrounding tissues could increase pressure on the brain, and biochemical changes related to the allergic reaction could alter the brain chemistry. While these things would not be visible from the outside, they could alter mental functioning and produce psychotic or neurotic behavior." [p. 145-46 HOW TO CONTROL YOUR ALLERGIES by Robert Forman, Ph.D.]

"Allergic reactions to several molds have been observed to evoke psychotic cerebral allergic reactions in some schizophrenic patients. Some of the most tenacious and severe phobias, obsessions, compulsions, delusions, and perceptual distortions do occur due to allergic and toxic reactions of the central nervous system." [William H. Philpott, M.D., 'Ecologic, Orthomolecular, and Behavioral Contributions to Psychiatry', p. 358, 360, JOURNAL OF ORTHOMOLECULAR PSYCHIATRY Vol. 3, No. 4. Thanks, Dr. Forman.]

"DISCOVERY CONSISTS OF LOOKING AT THE SAME THING AS EVERYONE ELSE AND THINKING SOMETHING DIFFERENT." [Dr. A. Szent-Gyorgyi.]

LATERAL THINKING: WHAT IF?

by Margaret Nikiforuk, R.N.

[Lateral: an adjective meaning of, situated at, proceeding from, or directed to the side. An extension of. It's an interesting way of thinking. What if? The following excerpts are reprinted with the permission of the writer, who is president of P.E.S. (Parents Environmentally Sensitive), and were originally printed in the June/September '86 edition of the P.E.S. Newsletter. MMN]

A HISTORICAL APPROACH

What do we have today that we had LESS of 30 or 40 years ago?

- special interest groups, lobby groups,
- additives, preservatives, colourings in our foods,
- pesticides and herbicides in our foods, water supplies, lawns, gardens, homes, workplaces,
- prescription drugs galore,
- hermetically sealed buildings whereby air exchange to the outside is limited and indoor air is recirculated,
- acid and toxic rain,
- land fill sites of toxic chemicals,
- polluted lakes, wells and groundwater,
- violence against the elderly, the children, women and the ill and handicapped,
- sexually related crimes, sexual promiscuity, sexual diseases and a preoccupation with sex to the exclusion of other serious issues?
- overwhelming media exposure (i.e. TV and radio)?
- sick fish, birds, trees,
- sick human beings, Chronic Diseases increasing,
- high technology used in surgical and medical procedures,
- Alzheimer's Disease, (SIDS) Sudden Infant Death Syndrome, Environmental Sensitivities,
- increase in chronic disease states such as cancer, arthritis, diabetes, etc.

THIRTY OR FORTY YEARS AGO:

- How many people were sensitive to cigarette, cigar and pipe smoke? Or fireplace and barbecue smoke?
- How many people were unable to drink tea and coffee?
- How many people were avoiding sugar and caffeine?
- How many were addicted to jogging, squash, tennis, etc.?
- How many people were sensitive to antibiotics and numerous other prescription drugs?
- How many people were sensitive to perfumes, other scented products, moulds of all kinds, etc., and had migraines and chronic aches and pains?
- How many Learning Disabled Children did you know? How many hyperactive were there?
- How many children had cancer, diabetes, arthritis, or other chronic diseases?
- What types of violence were indigenous to your community? Did you lock the doors of your house when you were young?

- Did you spray your gardens, lawns and houses with pesticides, herbicides and fungicides? Do you remember when arsenic was considered unsafe to be used as a pesticide or in wallpaper?
- How many people that you knew were addicted to beverages (i.e. diet drinks of all kinds, alcohol, milk, juices, coffee, tea?
- How many people were addicted to foods of all kinds, and became sick when eating them, or showed no outward symptoms at all?
- How many people who could not tolerate a hospital stay with all the chemicals and drugs?
- How many people were seeing psychiatrists?
- How many were in mental hospitals, or tolerated in the community as eccentrics?
- How many people had erratic, irrational fellow employees or employers?
- How many people were eating food contaminated by chemicals and not grown locally? How many were drinking clean water?
- Had people heard about acid and toxic rain, dying forests, fish with malignant tumours, bird species endangered by pesticide residues in their food supply?
- How many people did you know with Alzheimer's Disease, Multiple Sclerosis, diabetes, cancer, environmental sensitivities, Sudden Infant Death Syndrome?

LATERAL THINKING

Just for fun, attempt some lateral thinking about possible early coping mechanisms to cope with environmental overloads. These overloads may include food, air, water, home and work related substances, people, infections, parasites, and so on.

ARE THESE THINGS POSSIBLE EARLY COPING MECHANISMS?

- Constant eating (foods of all kinds) or drinking tea, coffee, milk or juices.
- Constant smoking.
- Regular consumption of diet drinks of all kinds.
- Regular alcoholic fixes.
- Eating and vomiting.
- Fasting intermittently.
- Diet plan hopping.
- Sexual aberrations of all kinds.
- Overt acts of violence (physical, emotional, sexual).
- Negative personality traits (irritable, hostile).
- Frantic compulsive sports activities such as jogging, tennis, squash, etc.
- Workaholism - compulsive work habits and perfectionism.
- Prescription drugs regularly prescribed.
- Over-the-counter drugs taken regularly.
- Illicit regular drug use.
- Withdrawal from intimate contact with other people.

Do the above activities reduce symptoms of unease, anxiety, depression, discomfort?

POSSIBLE DAMAGES TO THE BODY FROM ENVIRONMENTAL OVERLOADS??

- Chronic disease states of all kinds: diabetes, migraines,

OUR QUARTERLY MASCOT ... ERGY THE ALIEN
JUST VISITING THIS PLANET



© Nightingale

THEY PASSED THE 'CLEAN WATER BILL' IN THE U.S.A.!!
SOB "WHAT'S NEXT... AN ACID RAIN PACT WITH CANADA? POOR, SAD
ALIENS! EARTHLINGS ARE NO FUN!"

Ergy

STAY TUNED FOR THE FURTHER ADVENTURES OF THE ALIENS, AND OUR
INTERPLANETARY TRAVELER AND FRIEND ERGY (JUST CALL HIM 'AL').

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STUDIOS in Reno, Nevada. IF YOU'D LIKE TO WRITE to Ergy to cheer
him up and suggest a location he'd enjoy visiting, you can
contact him c/o Mary Merlin Nelson - Editor, H.E.F. CANADA
QUARTERLY, 261 Campbell Street, Winnipeg, MB CANADA R3N 1B4.

EDITORIAL COMMENT

H.E.F. CANADA QUARTERLY readers will be familiar with the name of John K. Blair, M.D., F.R.C.P.(C), a faithful contributor to our publication, and to all other facets of the Human Ecology Foundation for most of this decade.

Because he has always emphasized treatment of the cause rather than of the symptom, Dr. Blair began to search for more ways in which he could help patients suffering from migraine headaches, intractable pain, and other "unexplainable" symptoms soon after beginning his specialized practice (Internal Medicine) in Guelph in 1974. In 1980, he became aware of Dr. John G. MacLennan's work in clinical ecology, and took his first courses in the field of environmental medicine. In August, 1982, he began full-time practice in the field of allergy and clinical ecology.

I reckon Dr. Blair discovered Dr. MacLennan about the same time I discovered H.E.F. and became a member. On reading the first of what were to be many articles by Dr. Blair, I was delighted by his personal approach and ability to communicate what I desperately needed to know to begin the long process of healing from an affliction I was just beginning to learn about.

A Director of H.E.F. Canada, Dr. Blair became Chairman of the Editorial Board of our QUARTERLY in the autumn of 1982, and took on the role of medical advisor to the Waterloo-Wellington Branch. He travelled to attend conferences here and in the U.S.A. (and reported on them for us), helped to teach patients and practitioners how to deal with ecological illness, worked in his burgeoning practice, and no doubt felt pressures that would have stopped less dedicated men in their tracks.

In April of 1985 (several months after I took on the job of editor), THE CANADIAN SOCIETY FOR CLINICAL ECOLOGY AND ENVIRONMENTAL MEDICINE was officially incorporated, and Dr. Blair (not surprisingly) was on the Executive Board. In his "spare time", he took on the responsibility of being my lifeline to and contact with the Foundation (not an easy task, I assure you), and we became friends and QUARTERLY colleagues via Canada Post.

There's a wise old saying that "if you want a job done properly, find the busiest person you know to do it". It was only a matter of time before the government discovered what we already knew: DR. JOHN K. BLAIR IS A NATIONAL TREASURE! "Our" Dr. Blair has taken the position of Medical Consultant to the Department of Labour (studying environmental issues, but concentrating on occupational exposures), and as a consequence, has had to resign his multitudinous positions with H.E.F. We're going to miss him!

I know you'll all want to join me in wishing this dedicated and enlightened gentle man joy and success in his newest field of endeavour. BRAVO, DR. BLAIR, AND HEARTFELT THANKS FOR "BEING"!

Mary Merlin Nelson - Editor
H.E.F. CANADA QUARTERLY
261 Campbell Street
Winnipeg, MB Canada
R3N 1B4

F O R F U R T H E R I N F O R M A T I O N
Recommended Reading List

AN ALTERNATIVE APPROACH TO ALLERGIES by Theron G. Randolph and Ralph W. Moss, (paperback) Bantam Books #0-553-20830-6.

COPING WITH YOUR ALLERGIES by Natalie Golos and Frances Golbitz, (newly revised, updated and released in paperback) Fireside/Simon and Shuster, Inc., New York.

DR. MANDELL'S 5-DAY ALLERGY RELIEF SYSTEM by Marshall Mandell, M.D., and Lynne Waller Scanlon, readily available in paperback.

(1) ALLERGIES AND THE HYPERACTIVE CHILD, (2) ALLERGIES AND THE FAMILY, and (3) THE IMPOSSIBLE CHILD, by Doris J. Rapp.

SERIES OF HANDBOOKS ON ALLERGIES, FOODS, CHEMICALS, INHALANTS, by G. Joy Underwood, 1202-1175 Broadview Ave., Toronto, Ont. M4K 2S9

CANDIDA ALBICANS by Leon Chiatow, Thorsons Publishers Limited, Wellingborough, Northamptonshire, Great Britain.

CANDIDA, A 20TH CENTURY DISEASE by Shirley S. Lorenzani, Keats Publishing Co., New Canaan, Conn. U.S.A.

THE YEAST CONNECTION by William G. Crook, Professional Books, P.O. Box 3494, Jackson, Tennessee 38301, U.S.A.

WHY YOUR HOUSE MAY ENDANGER YOUR HEALTH by Alfred V. Zamm

IT'S ALL IN YOUR HEAD by Hal A. Huggings, D.D.S., P.O. Box 2589, Colorado Springs, Colorado, U.S.A.

BRAIN ALLERGIES: THE PSYCHONUTRIENT CONNECTION (1980) by W.H. Philpott and D.K. Kalita.

(1) CHEMICAL VICTIMS (#0 330 25937 7) and (2) NOT ALL IN THE MIND (#0 330 24592 9) by Dr. Richard Mackarness, (British imports) PAN Books (both available in paperback and worth hunting for).

HOW TO CONTROL YOUR ALLERGIES by Robert Forman, Ph.D., Larchmont Books #ISBN 0-915962-29-2.

DETOX by Phyllis Saifer, M.D., M.P.H., and Merla Zellerbach, *Jeremy P. Tarcher Inc., Los Angeles #ISBN 0-87477-332-6

THE TYPE 1/TYPE 2 ALLERGY RELIEF PROGRAM by Alan Scott Levin, M.D., and Merla Zellerbach, *Tarcher Inc. #ISBN 0-87477-328-8

'LET'S LIVE', 'PREVENTION', and 'BESTWAYS' (monthly) magazines !!

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BOOK LIST

PRICES INCLUDE POSTAGE AND HANDLING CHARGES

	Canada	U.S.A.
CLINICAL ECOLOGY: A NEW MEDICAL APPROACH TO ENVIRONMENTAL ILLNESS by Iris R. Bell, M.D., Ph.D.	\$ 8.00	\$ 8.25
TRACKING DOWN HIDDEN FOOD ALLERGY by William Crook, M.D.	\$ 9.75	\$ 11.00
COMMON SENSE FOR THE SENSITIVE by John G. MacLennan, M.D.	\$ 11.00	\$ 13.00
COMMON SENSE COOKBOOK FOR THE ECOLOGICALLY SENSITIVE by the H.E.F. Hamilton Branch	\$ 18.00	\$ 20.00
Rotation Diet Cookbook by the H.E.F. Toronto Branch	\$ 9.00	\$ 10.00
THE TYPE 1/TYPE 2 ALLERGY RELIEF PROGRAM by Dr. Alan Levin & Merla Zellerbach	\$ 20.00	
DETOX by Dr. Phyllis Saifer & Merla Zellerbach	\$ 21.00	

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A N I M P O R T A N T A N N O U N C E M E N T
* * * * *

THE THIRD ANNUAL SYMPOSIUM ON THE EFFECTS OF THE ENVIRONMENT ON MANKIND IN HEALTH AND DISEASE will be held at the Kent Street Holiday Inn in Ottawa, Ontario, Canada, on Friday and Saturday, April 3rd and 4th, 1987, beginning at 8:30 AM on both days.

Sponsored by THE CANADIAN SOCIETY FOR CLINICAL ECOLOGY AND ENVIRONMENTAL MEDICINE, and the Department of Physics, UNIVERSITY OF TORONTO, the Medical Conference will feature many guest speakers, including Dr. William J. Rea, Director of the Environmental Health Center in Dallas, and Dr. John G. MacLennan. The theme of the conference is THE RELATIONSHIP OF OUR TOXIC ENVIRONMENT TO HUMAN HEALTH. The information to be presented in the symposium will give health care professionals a better understanding of many of their more difficult patients, and help in their diagnosis and management. The emphasis will be on practical concepts that can be incorporated into Family Practice or any of the other specialities.

FURTHER INFORMATION IS AVAILABLE from Head Office, HUMAN ECOLOGY FOUNDATION OF CANADA, 46 Highway 8, Dundas, Ontario, L9H 4V9; from Lynda J. Brooks, R.N., THE CANADIAN SOCIETY FOR CLINICAL ECOLOGY CONFERENCE, 97 Village Green, Kanata, Ontario, K2L 1J8; or from Jozef Krop, M.D., 479 Roncesvalles Ave., Toronto, Ontario, M6R 2N4 [telephone (416) 536-9903].

* * * * *

arthritis, cancers, multiple sclerosis, parkinsonism and Parkinson's Disease, kidney, liver, heart and lung diseases, mental activity disabilities such as Alzheimer's, learning disabilities, perceptions in reality distortions, unusual and unexplainable illness?

- Acid rain destroys trees. Many chemical pollutants produce tumours in fish. DDT affects the ability of birds to reproduce. WHAT ARE THE EFFECTS ON HUMAN BEINGS?
- After thirty years, most people seem to be aware that they can no longer tolerate cigarette and other smoke. How long will it take before people can use this lateral thinking approach, and draw conclusions about other chemicals in our environment, and their affect on HUMAN LIFE?

IATROGENIC DISEASE

[IATROGENIC: adjective, (of a neurosis or physical disorder) caused by the diagnosis, manner, or treatment of a physician or surgeon. IATRO: from the Greek, meaning "healer", "medicine".]

WHAT IF? HOW COME? IS IT? ANOTHER SCENARIO.

- Your child's exposure to drugs, treatments of all kinds, herbicides, pesticides, acid and toxic rain, etc. produces hyperactivity, autism, dyslexia, reduced mental acuity.
- In adults, it produces nervousness, anxiety, inability to make decisions, general diminution of mental acuity, irrationality, hostility and negative personality.
- Your family members' reactions tend to be more physical and they succumb to diabetes, cancer, Parkinson's, arthritis, migraines, emphysema, etc.
- Your family seems to have a reduced resistance to infections and some members seem to have the "flu" all the time.
- Your family develops food and chemical sensitivities of a serious nature.
- You, as a patient "KNOW" the time your general good health started to decline, but none understood what you were trying to tell them, and subsequently you may have been treated incorrectly which worsened your condition.
- The reason people don't fight, nor are aware, is because their Central Nervous System (CNS) has been impaired, and, like the often confused Alzheimer's patient, they are really not cognizant of everything that takes place with themselves or with others.
- CNS involvement means "not with it" all the time, either through confusion, memory loss, short attention span, hyperactivity and irritability, or those unfortunate types who become unconscious when exposed to certain substances to which they are sensitive.

- Young adults appear to become addicted more quickly than older adults. Is this just an instance of a person reaching their environmental overload? Is this just a method of coping with the overload?

- WHAT IF we could substantiate that acts of violence, sexual aberrations, etc. were related to exposure to substances not tolerated by that individual.

WHAT IF projected cancer statistics are one out of three individuals by the next decade. WHAT IF rich people run charitable organizations and committees to study the effects of "whatever", and they have no life experience, have never been poor or sick. Are they qualified to make pronouncements on the lives of people who are struggling to stay alive with no support? WHAT IF specialists who have little or no experience with environmentally sensitive patients are considered qualified to pass "life and death" sentence on these patients by whether they will write a letter for food allowance, housing allowance, or disability pension? Do we essentially have a feudal system where the serf or slave who can ingratiate him/herself enough to get a small amount of attention, but not enough to stay alive? IS IT? HOW COME? WHAT IF?

* * * *

[Many thanks to Margaret Nikiforuk for her "Lateral Thinking Bout". How many of us have asked ourselves the same questions? How many are doing something about it? As Margaret wrote in responding to my request for reprint permission, it "would be nice if people COULD change (i.e. for the better)!" WHAT IF we tried? Think about what you've read. WHAT IF it's all true? IS IT too late? HOW COME this is happening? THINK ABOUT IT! MMN]

ZINC DEFICIENCY MEANS SMALLER BABIES
If you're a mother to be, getting enough zinc in your diet could mean the difference between a normal, healthy baby and one that is abnormally small. According to researchers at St. Thomas Hospital in London, zinc deficiency in pregnant women might be linked to intrauterine growth retardation in their babies. Zinc affects the production of natural fatty acids in the body called prostaglandins. These body chemicals are necessary for fetal growth. Doctors suspect that in the women they studied, zinc deficiency hindered production of prostaglandins in the placenta, and prostacyclin, a potent vasodilator, in the umbilical cord. The 17 mothers under study, all of whom gave birth to very small infants, had significantly lower concentrations of zinc than mothers who had normal babies, according to the report (PEDIATRIC RESEARCH, Vol. 19, No. 7). [PREVENTION, p.61, December 1986.]

ALLERGY IN THE BREASTFED INFANT

by Del Stigler, M.D.

True allergy to mother's milk has never been documented, though it is common for breastfed babies to be sensitive to tiny amounts of substances in the milk from mother's diet or medications. The infant is most likely to be sensitive to foods the mother ate in large quantity during pregnancy and/or foods the mother eats on a daily basis during the breastfeeding months, but any food or medication may bother the baby. There are no hard and fast rules about what you should or should not eat during breastfeeding, except for a few drugs which are known to be dangerous for nursing infants. Milk, wheat, corn and eggs tend to be frequent causes of reaction in the infant, as do caffeine and medications. The old adage "if it bothers you, it will bother the baby" may or may not hold true with your baby. And this baby may react differently than your other children.

KEEPING A DIET DIARY

The only way to determine which foods in your diet are causing a problem for your baby is to keep a careful record of everything you eat, the times you eat and the baby nurses, and the symptoms noticed. A sample diet diary follows:

TIME	FOODS AND/OR MEDICATIONS	NURSED	SYMPTOMS
6:00 AM		X	some rash on cheeks
7:00 AM	maternal prenatal vitamin scrambled eggs (2) whole wheat toast/butter orange juice (6 oz.)/decaf.		
8:00 AM		X	
10:00 AM	doughnut/orange juice	X	
11:00 AM			rash on cheeks worse
12 Noon	cheddar cheese/bread apple tomato soup (made with milk) iced tea with lemon		
12:30 PM		X	
12:45 PM			green watery stool red around anus
3:00 PM	milk shake - vanilla	X	
5:00 PM	(3 oz. Enfamil)	(bottle)	
6:00 PM	baked chicken/rice green beans/butter salad - lettuce, tomato, carrots, avocado, oil/vinegar chocolate cake/milk		
7:00 to 9:00 PM		x	Screaming, gassy - tried to nurse but refused. Asleep.
9:00 PM			
DURING NIGHT - nursed 3 times - slept well between. (DAY/DATE)			
(If you follow the rules, your diary will look something like above. The entries are imaginary, not suggested menus for you.)			

1. RECORDING FOODS, BEVERAGES AND MEDICATION

Write down in detail everything you eat or drink, including vitamins and medications. Brand names can be helpful, and all ingredients should be listed. You will have to read labels, and you may be surprised to learn how many foods contain sugar, corn products, milk solids, etc. Foods or medications used frequently may be listed in detail at the end of the notebook, so that all ingredients will not have to be separately listed each time that food is used. You must also list any supplement the baby takes, whether formula, sweetened water, vitamins or food.

2. RECORDING TIMES

Note the time you eat or drink anything, and the times your baby nurses. The time you first notice a reaction should be recorded, as well as the length of time the reaction lasted. If a symptom is vague and does not have a clear beginning or ending time, such as rash or fussiness, note whether it is better or worse for the day.

In general, foods you eat will be digested and the components of those foods will appear in your milk two to four hours after you eat. Some medications appear in the milk within minutes. The baby may react within minutes after nursing, but usually within two to four hours. The reaction may continue as long as the offending substance remains in your digestive system and continues to enter your milk - perhaps as long as three or four days. For this reason, we sometimes recommend that the mother use a laxative to clear her system more quickly if she inadvertently eats a food she knows will bother her baby. This should never be done as a substitute for watching your diet, and should be done only if the baby's reaction tends to be severe. The baby should never be given a laxative.

Medications differ greatly in the concentration in which they appear in the milk, and the length of time it will take the baby to clear the drug from his or her system. Caffeine, for instance, goes into the milk quite easily, and will take as long as 60 to 230 hours to clear by half in a newborn. By five or six months, the baby will be able to clear caffeine as quickly as an adult - about 3 1/2 hours to clear half. (No wonder some newborns are jittery when the mother drinks caffeine - it builds up in their bodies much more quickly than it can be cleared.) Antibiotics usually go through the milk in varying concentrations and may cause problems for the baby, especially diarrhea or diaper rash. Acetaminophen (Tylenol, Anacin 3, Panadol, etc.) is usually considered safe, as are most antihistamines and decongestants. Some mothers feel the decongestants cause a decrease in milk supply, but this is usually transient. Do not refuse to take a medication you really need, but always tell your health care provider you are nursing a baby. Call your druggist for the most up to date information on any medication. They may have information on safer alternatives if the medication your doctor has recommended is not safe for nursing babies.

3. RECORDING SYMPTOMS

Common reactions in infants include rashes, vomiting or diarrhea, runny nose, coughing or congestion, fussiness and "colic". Diarrhea in a breastfed infant implies increase in water in the stool. Colic is described as screaming unconsolably in conjunction with some indication that the baby is in pain: full, hard abdomen, pulling up the knees or vigorous kicking, passing a lot of gas. There may be different reactions in your baby to different foods in your diet, but each individual food will consistently cause the same reaction. As your baby matures, reactions may change. In general, babies tend to become less sensitive to foods in their mothers' diets as time goes on, though they may react to foods they eat themselves.

DEALING WITH ALLERGIES IN YOUR BREASTFED BABY

1. ELIMINATE FOODS YOUR BABY SEEMS SENSITIVE TO

There are usually only a few foods in your diet which cause a problem for your infant. The simplest way to help your baby is to eliminate those things from your diet in the early months. If you are not sure about a food, eliminate it completely for four or five days, then use it again, and check for a reaction in your baby. Vitamins or other medications may also cause symptoms in the baby. If you are taking non-essential medications, try going without them for a few days to see if your baby improves.

Read labels carefully. Avoid derivatives of any food your baby seems sensitive to. Examples: if intolerant of milk, avoid cheese, yogurt and such, as well as anything containing milk solids, whey, casein or caseinate. If corn sensitive, avoid corn oil, corn syrup (and solids), and dextrose.

2. SIMPLIFY YOUR MEALS

Eat meals consisting of only two or three foods. Avoid complicated casseroles and multiple seasonings. This makes it easier to pinpoint troublesome foods. Avoid eating large quantities of any single food. Resist those cravings!

3. DIVERSIFY AND ROTATE YOUR FOODS

Avoid eating the same few foods all of the time. Do not hesitate to add new and different foods to your diet. Whenever possible, choose fresh, whole, organically grown meats and produce. Avoid highly processed foods and those with artificial ingredients. Rotate your foods. Do not eat any single food on a daily basis. Example: beef on Monday, chicken on Tuesday, is preferable to beef both days. It is best to have any one food only once in three or four days. Some mothers find they can eat an offending food once every three or four days in small quantity and the baby will tolerate it well. This is especially true of older babies.

4. TREAT YOUR OWN ALLERGIES

Avoid foods you do not tolerate well, and consider treating any known inhalant allergies. Avoid chemical exposures.

5. CONTINUE BREASTFEEDING

If your baby is sensitive to the tiny amounts of food components coming through your milk, it will generally be more difficult to find a formula s/he can tolerate well. It may be inconvenient to eliminate foods from your diet, but it will allow your baby to receive optimal nutrition, while antibodies in the milk will help him or her to fight illnesses. As his/her own immune system matures, he will be better able to tolerate foods on his/her own.

If your baby is under six months of age, try to feed only your breastmilk. Your health care professional can supply you with information on building your milk supply and weaning the baby from formula supplements if you have been using them. Some mothers can return to work and use a breast pump to obtain milk for their babies. Your health care professional will supply you with information about pumping and storing milk, types of breast pumps, and other aids to maintain your milk supply. You should be aware, however, that pumping a few times a day is rarely as efficient as actually nursing your baby, and it is difficult to work and continue total breastfeeding. We would encourage you to remain at home with your baby as long as practicable.

Bring your diet and symptom diary each time you visit your pediatrician. Don't be afraid to ask questions.

* * * * *

[Dr. Del Stigler practises Pediatrics and Clinical Allergy in Denver, Colorado, and is an active member (as well as Secretary and Immediate Past President of the Executive) of the American Academy of Environmental Medicine. Thanks again to his colleague Kathleen Dolce, C.H.A., for sending the articles we've published in this and the last edition of the Quarterly. Our June edition will feature INFANT FEEDING USING THE ROTARY DIVERSIFIED DIET.]

"Special situations like stress, allergy, and pregnancy can bring a precarious B-12 situation to the fore. Some doctors feel that postpartum depression, though obviously caused by several factors, can be greatly reduced by B-12 injections. A food allergy crisis can also be reversed with lots of B-12 in conjunction with vitamin C." ['Easy To Find, Hard To Get' p.51 by Jack Joseph Challem and Renate Lewin, Let's LIVE, January 1987.]

GERMANIUM: SOMETHING OLD, SOMETHING NEW

by Michelle Patzer R.N., B.Sc.N.

In this day when pharmaceuticals abound, when degenerative disease runs rampant, and where there is a frank deficiency of natural, non-toxic, but highly effective substances which stimulate the body's immune response, it only makes sense to embrace a substance like germanium.

Germanium is a supplement that should be considered by all who suffer from any form of degenerative disease, be it Ecologic Illness, arthritis, Candida, cancer, etc. All of these conditions have as a basic causative link, deficient oxygen at the cellular level. Biochemist Stephen Levine has discovered many factors supporting the theory that oxygen is the single most important substance that governs our fundamental life processes (3). Levine's work has centred around how to encourage the body to use oxygen more efficiently. Germanium might just be the ticket to achieving better oxygen utilization.

Dr. K. Asai is the man responsible for recognizing the potential health giving qualities of germanium. He discovered in 1950 that coal deposits, which are merely fossilized plants, were enriched with the trace element germanium. Unfortunately, the path that science travels often takes many years from the time a discovery is made until its importance is realized. Dr. Asai uncovered the fact that germanium has a strong hydrogen combining force due to the many unstable oxygen atoms in it. When there is an oxygen deficiency in the body, the blood becomes acidic and sickness results. However, organic germanium, because of its special tendency of hydrogen attachment, unites with the hydrogen which is thrown off by the sick body and the oxygen that remains does its effective work in the cells.

Interestingly enough, this wonder substance is also found in moderate amounts in the foods we eat - garlic, aloe, ginseng, watercress, comfrey and chlorella, and in the earth's crust. In fact, the Russians have utilized the germanium containing plant, Shell Fungus (*Trametes cinnabarina* Fr.) for years as a traditional Russian anticancer remedy (1).

Being such a special nutrient, germanium is highly dependent on pH and favors an acid/alkaline range of 7.2 - 7.4. This is good news for victims of candidiasis as they often exhibit a definite alkalinity in their tissues. Thus, if the body pH falls into the 5.5 - 6.8 range, more hydrogen ions are being liberated, which uses up germanium unpaired electrons, causing its effect to be more sluggish. This high dependency on pH is one of three basic requirements for successful recovery from degenerative disease, according to Dr. Asai. The other two include a varied diet containing low acid-forming foods and the unthwarted belief in oneself that, given the tool germanium, complete recovery will ensue (1).

Germanium boasts an unceasing repertoire of conditions that its oxygen giving properties alleviate, all without toxic side effects. Included are restoring eyesight and hearing, protecting against miscarriages during pregnancy, alleviating radiation sickness, arresting pain, healing cancers, repairing burns without scarring, diminishing circulatory disorders such as heart attack, stroke and Raynauds phenomena, rejuvenating liver maladies such as hepatitis and cirrhosis, and even alleviating behavioural disorders. Surprisingly successful results have also been reported in supporting removal of heavy metals such as mercury and lead, and carcinogens like polychlorinated biphenyls or PCB's (1).

Sound too good to be true? There's more. Germanium is a homeostatic normalizer - that is, it has the ability to regulate physiological functions which are imbalanced within the body. Examples are its marked influence on hypertension with its unique ability to prevent rebound hypotension - something that many hypertensive drugs can't do. It is able to increase our red blood cell counts and decrease our white blood cell counts, with special ability to normalize out the T and B lymphocyte indices. It regulates calcium metabolism and therefore is tremendously helpful to those suffering osteoporosis and concomitant bone loss. However, one of its biggest functions is its ability to induce the production of interferon. Interferon is the glycoprotein secreted by tissue cells in an effort to halt infection when an invading virus enters the body. We know that in clinical trials with Terry Fox, etc., the only effective form of interferon is the one produced naturally by the human cells. And if this isn't enough, germanium also has the ability to stimulate human natural killer cells like macrophages which are central to an efficient immune response, especially in regards to diseases like cancer, or Candida where, in the later case, the body often loses the ability to recognize invaders (due to the antigen coat on yeast cells) as harmful. Various autoendocrinopathies result. By marshalling a more effective phagocytic response by the natural killer cells, chances are the situation would be kept in check more readily.

Germanium does all this with few, if any, side effects or toxic results. The only possible side effects of germanium known to date are slight reddened rash and softening of the stool for the initial few weeks of therapy. Dosage, however, should be tailored to one's particular circumstances. There does appear to be an optimum level beyond which there are lessened immunostimulant properties. This is especially true of research done to date on therapeutic dosages for designing variable interferon responses in humans (5).

Because germanium is an oxidant, it should be kept in mind that adequate anti-oxidants (Selenium, Beta-carotene, Vitamin C and E) should also be ensured to prevent damage at the cellular (see Stephen Levine's work) level. The homeostatic capabilities of germanium work beautifully when other nutrients, such as the aforementioned, are supplied.

Due to the ever increasing technology, western medicine has become scattered in their ideas on what constitutes an effective treatment for many of today's ills. Instead of applying new drugs, new procedures, and countless assaults on the fragile balance that exists within the human body, doesn't it make so much more sense to "get back to the basics" of what nutrients our bodies really need to live? And what could be more basic than oxygen? It's only when we use fundamental substances, like the oxygen-rich germanium compound, that we truly address the deficiencies that constitute degenerative disease.

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[Michelle Patzer, R.N., B.Sc.N. is a Nursing and Nutritional Consultant who, after recovering from Ecological Illness and Candida, started her own business, ECOLOGICAL MANAGEMENT CONSULTANTS, in Regina, Saskatchewan, in order to help others in the same situation. In her cover letter, Michelle writes that germanium "addresses the newest thing to revolutionize the unorthodox health care field, and has recently been approved for distribution in Canada." She thought we "might find it of interest as it is helping many people on the west coast and down in the States." Thank you, Michelle, for the article, and the encouraging and commendatory letter. Kind words are a pleasure to hear, but contributions to the Quarterly are my greatest joy. I'm certain you'll be pleased to see the 'companion piece' by Dr. Stephen A. Levine in the pages that follow. Keep up the good work, and stay healthy, and in touch. Blessings, and hugs. MMN]

HALF OF WINNING A BATTLE IS BELIEVING YOU CAN!

ANYTHING IS POSSIBLE IF YOU BELIEVE.

OXYGEN DEFICIENCY: A CONCOMITANT TO DEGENERATIVE ILLNESS

by Stephen A. Levine, Ph.D.

The single most important substance for living is oxygen. Three minutes without it and you're effectively dead. And yet all disease and tissue damage mediates through toxic forms of oxygen. Oxygen is the main focus that I will take in relationship to health and illness.

Oxygen is essential for our metabolism of foods, effectively for the burning of our foods. In fact, the analogy between fire or burning and life has been recognized by ancient philosophers and scientists for thousands of years. Plato wrote that "fire and air enter the lungs and then the stomach during respiration". Descartes thought of life as a fire without light. The comparison of life and a flame is actually very instructive, though there are two major differences between a fire and a living organism. First, a flame has a higher temperature than an organism. This difference is largely due to the presence of biological catalysts, enzymes which allow reactions to occur at lower temperatures. Humans and other organisms have these enzymes so we can burn our foods at a lower temperature. Second, in a flame there are only degradation reactions, whereas in organisms there are biosynthetic reactions for reproduction and maintenance of tissue, repair, and growth.

The biochemical strategy of living organisms who utilize oxygen is the stepwise oxidation of organic compounds. Organic compounds are largely hydrocarbon in chemical composition. The carbon is oxidized down to carbon dioxide and the hydrogen is oxidized to water. An oxidation reaction refers to the combination of a substance with oxygen. It is a reaction in which an element becomes greater in positive charge as a result of losing electrons. So in an oxidation reaction, electrons are lost from molecules which we metabolize from our food. The energy which held the molecule together has now become available for biological processes. The oxidation process occurs with the liberation of a considerable amount of heat.

We are all aware of the heat given off as we oxidize or burn a log in a fireplace. Similarly, when we burn glucose, a large amount of energy is liberated. We can understand this liberation of energy by recognizing that molecules such as glucose or wood are hydrocarbons, which are high energy containing compounds. It requires a large amount of energy to hold carbon-hydrogen atoms together. So hydrocarbons have and store potential energy. By introducing oxygen into the picture, and a sufficient heat to ignite the process, the energy inherent in holding carbon-hydrogen bonds is liberated and used for biological processes, and carbon and hydrogen end up combined with oxygen in a much lower energy state.

From recent research we know that in all serious disease states we find a concomitant low oxygen state (hypoxia). It may

be localized or systemic. Any physical insult to a living organism (such as disease or any damaging force), any severe stress, will eventually cause oxygen deficiency. Excessive inflammation or immunological activity or wound repair uses up oxygen. Increased oxygen utilization other than for respiration is a signpost of stress. Low oxygen in body tissues is a sure indicator of disease. Toxic environmental chemicals require the use of oxygen for detoxification. Emotional stress produces adrenaline and related adrenal hormones which also require oxygen to detoxify. Physical trauma reduces circulation and subsequent oxygen supplied to cells and tissues. Infection utilizes free radicals (which are toxic forms of oxygen) to combat bacteria, virus and fungus assault, functioning as artillery against invading pathogens. Hence, oxygen deficiency will result from any stress and forms the basis for a unifying principle of stress and illness.

It would be beneficial to use oxygen supplementation to optimize tissue oxygen levels in those who are chronically ill. However, adequate oxygen delivery systems have not been fully developed and utilized by the medical profession. Inhalation of pure oxygen is of some value as an emergency medicine, but is inadequate over a long period of time because the lung tissue may be easily damaged by high tension oxygen delivered by mouth. Oxygen solutions have been used by Russian athletes and should also be utilized regularly to optimize tissue oxygenation in chronic inflammatory degenerative illnesses.

There have been several technical studies and a clinically oriented book written by Dr. Kazuhiko Asai concerning the use of organic germanium in mg or even gram quantities to enhance tissue oxygenation. The technical name of the organic germanium compound is carboxyl ethyl sesquioxide of germanium. It features three oxygen atoms affixed to each germanium atom and may act as an oxygen substitute or oxygen catalyst. The compound is nontoxic at many times the therapeutic dosages as judged by both Asai and by independent researchers and published in well recognized journals. Germanium is a profound immune stimulant, analgesic, interferon inducer, normalizes blood pressure, and allows experimental animals to remain alive when submerged in water for considerable amounts of time. Dr. Asai concludes his book MIRACLE CURE: ORGANIC GERMANIUM with his prayer for Germanium. I believe that his germanium will eventually answer many prayers in the United States as it has already in Japan.

* * * *

[Dr. Levine received his Ph.D. in molecular Biology and Genetics from the University of California at Berkeley in 1976. He owns and operates the ALLERGY RESEARCH GROUP, Nutri-Cology Inc., P.O. Box 489, 400 Preda St., San Leandro, CA 94577-0489, a research oriented nutritional supplement company. He, too, is a recovered E. I. patient sharing his knowledge with others. THANKS! MMN]

VITAMINS, MINERALS, AND ECOLOGICAL ILLNESS

by Mary Merlin Nelson

Do we need supplementary vitamins and minerals? Many doctors and health care professionals say "no", but I say "YES!" I'm a second generation "health-nut". My Dad, who will be eighty years old this year, still has to show his Senior Citizen I.D. to take advantage of special discount rates (even at health food stores), and exercises three times a week at a local gymnasium where the owners and other members delight in the living proof he provides that "pumping iron" and taking vitamins pays off.

Since the age of 15, I've heard "the chemical companies rule the world", "you DON'T get enough vitamins in foods today", and other words of wisdom from Dad. He's always preached the benefit of exercise, good diet, and vitamin therapy, but I didn't always listen. I listen now. Health magazines and informed health care professionals are now saying what he's been saying for years. Vitamin E. Vitamin C. Zinc. Calcium and magnesium. We are finally learning how deficient in vitamins and minerals our bodies are in this age of processed foods and chemical assaults. Nutrition is not something we can take for granted anymore.

Clinical ecologists such as (1) Dr. Sherry A. Rogers and (2) Dr. Stephen Levine, among others, have written many excellent articles on vitamin E over the past few years. It is a powerful antioxidant, and, of all vitamins, "has the strongest ability to protect against the damage of chemicals on the cell membrane." It acts "as an immune stimulant and helps modulate inflammation" and "helps detoxify in many ways that are not understood." (1) Vitamin E is fat-soluble (your body stores it). It is responsible for detoxifying poisons, preventing oxidation of fats in the body, and (along with vitamin A) can protect the body from the ravages of air pollution. Its involvement in body functions includes the maintenance and health of the circulatory system and red blood cells, reproductive system, heart and circulatory organs, muscles, brain, nerves, joints, digestive tract and skin. It also helps prevent unwanted blood clots, and heal burns. Don't take my word for it. Read the works of Dr. Evan Shute, a Canadian "pioneer" of Vitamin E therapy. Read PREVENTION and LET'S LIVE and BESTWAYS magazines.

Selenium is an important mineral to be taken in conjunction with Vitamin E. "Consistent with its role as an antioxidant and its ability to contribute to the destruction of harmful peroxides, it is generally believed that selenium may help protect us against some of the harmful oxidizing pollutants in our environment." (2) Selenium generally occurs in the same foods that contain Vitamin E. My evidence of the truth about vitamin E and selenium is empirical ... it derives from experience, as does my belief in the therapeutic use of B vitamins, especially B6 (pyridoxine), a natural diuretic effective in the treatment of allergic edema. We'll talk about the B complex vitamins later.

According to Abram Hoffer, M.D., Ph.D., "Some of the vitamins have anti-allergy properties. Niacin releases histamine and lowers histamine levels in the body. Ascorbic acid [vitamin C] reacts with histamine in vitro and presumably in the blood; it rapidly inactivates it. It has been very helpful in dealing with allergic reactions associated with insect bites, rashes, etc."

(3) As vitamin E is the principal fat-soluble antioxidant, so vitamin C is the principal water-soluble antioxidant. Water-soluble means it cannot be stored in the body for any length of time, so any excess vitamin C will be excreted in your urine. You require vitamin C daily, whether in foods, supplements, or both. Massive doses of vitamin C can prevent and help to ease colds, fight infections and the stress of pollution in the air and water, and aid in the treatment of allergies, asthma (along with B6), arthritis and sciatica. There is a wealth of information available on the benefits of this extremely important therapeutic vitamin (which should be supplemented with the minerals calcium and magnesium, by the way). Dr. Linus Pauling's work with vitamin C is well known, and is highly recommended reading for the "vitamin neophyte". Begin with VITAMIN C AND THE COMMON COLD, and go on from there.

"A two year study by the U.S. Dept. of Agriculture and Columbia University has found vitamin B6 to relieve shortness of breath and other symptoms of bronchial asthma. Fifteen asthma patients were give 100 mg pyridoxine (B6) daily, and all experienced fewer and less severe attacks." So says the HEALTH & NUTRITION UPDATE, referring to an article in the Chicago Tribune of August 3, 1986. I've known that for many years. As previously mentioned, it's also a diuretic (as effective as any prescribed medication, but without the side-effects). Vitamin B is a complex of water-soluble vitamins that include niacin, folic acid, thiamine, riboflavin, pyridoxine, pantothenic acid, choline and biotin, and is responsible for the maintenance and health of digestion, skin, nerves, eyes, and the processing of fat, protein and carbohydrates. It aids the production of hormones and digestive juices. The B vitamins are destroyed by drugs and chemicals, and by the alkalinity in the stomach that results from taking antacids. A good B complex vitamin supplement is helpful in the treatment of cerebral allergies. Remember THE BRAIN IS JUST ANOTHER ORGAN, and is as easily affected as your skin and lungs by environmental stresses, including foods, synthetic fabrics, polluted water, household chemicals and the air we breathe. Most B vitamins are yeast-based, so if you are allergic to yeast, caution is necessary when taking supplements. Ask a nutritionist what foods contain the highest amounts, and build your diet around the tolerable ones. Yeast-free B vitamins are also available in many health food stores. While you're shopping check the bookshelves for Dr. Earl Mindell's VITAMIN BIBLE, and THE COMPLETE HOME GUIDE TO ALL THE VITAMINS (Larchmont Books). Rodale Press has also released an up-to-date book on vitamins that is highly recommended (by my Dad, an avid reader and collector of literature on preventative medicine) as "the best vitamin book so far". You need to know about the B vitamins, and their relation to your health and wellbeing, so start reading.

Vitamin A plays an important role in protecting lung tissues from the harm done by ozone and nitrogen dioxide, two of many components of air pollution. Vitamin D functions to promote the absorption of calcium, the mineral well-documented as necessary for the health of bones, muscles, and other parts of the body. Antihistamines destroy vitamin C in the body. Some people react with allergic or hypersensitivity responses to specific vitamins and minerals, and/or their colours, binders, bases, etc. These are things every ecologically ill patient should be aware of.

Because of the possibility of hypersensitivity or allergic response to repeated ingestions of a substance, some people (me among them) should not take vitamins daily. Regard them as you would foods on a rotation diet. As with foods, read your labels. If you remember the fat-soluble vitamins are stored in your body, you'll understand why daily dosing is not necessary. With water-soluble vitamins, what isn't needed is excreted, so it may be necessary to take them more often. A good health food store will have a chemist who can tell you what goes into the vitamins, and help sort out the ingredients that may give you problems. Don't be afraid to ask questions.

Finally, some people can't be bothered to remember numerous individual tablets in a handful of separate vitamins and minerals to be taken with meals (or before or after), with water or with milk (depending on whether they're water- or fat-soluble), and so on. There are some excellent "complex" vitamin and mineral tablets that are suitable for taking every third or fourth day. The one I prefer is made by Vita Health, and known as OMNIPLEX. It combines almost everything you need, and is taken with meals. As always, remember that each individual has his or her own distinct biochemistry, and what suits one could react negatively in another. Trust your body to tell you what's right or wrong for you. Go gently ... don't just "overload" on vitamins (until you know what's needed and tolerated by your body) ... and don't expect them to work overnight.

Ecological illness is the result of a "body breakdown" and your job is to help build that body up again. If you've decided to start taking vitamins and minerals, and while you're at it, begin an exercise program, remember that as you break down fat in the body tissues (through aerobics, and/or regular exercises with or without weights), the toxins stored there are released. If you know what vitamins to use to counteract the stress of a detoxification process, you're on your way to renewed health. The only one who can "heal" you ... is YOU! Keep the faith!

REFERENCES: (1) 'Vitamin E Against Environmental Pollution' by Dr. Sherry A. Rogers - Let's LIVE, April 1986; (2) 'Selenium and Human Chemical Hypersensitivities: Preliminary Findings' by Stephen A. Levine, Ph.D., and Jay Parker; (3) 'Allergy, Depression and Tricyclic Antidepressants' by A. Hoffer, M.D., Ph.D. - Orthomolecular Psychiatry, Vol. 9, No. 3, 1980.

AIR-TIGHT HOUSES NEED POLLUTION CARE

by Kip Park

[The following article was originally published in the WINNIPEG REAL ESTATE NEWS, August 1, 1986, and is reprinted with the kind permission of the publisher - Wayne M. Pruden. Many thanks! MMN]

Some Canadian houses and many office buildings have poor summertime indoor air quality because of whole-house air conditioning, a national expert on indoor air quality suggested recently.

Speaking to the Renewable Energy Conference '86, Doug Walkinshaw, co-ordinator of indoor air quality of the National Research Council's Institute of Research in Construction, said that the increasing use of whole-house air conditioners in houses which have been made resistant to air leakage can increase concentrations of indoor pollutants because of low air change rates. Concerns about indoor air quality are usually heard only in winter, when houses are kept closed to prevent heat escaping. The increasing trend towards air conditioning in tight houses causes the same concerns, Walkinshaw said.

"The impact of indoor air quality on health, comfort and productivity is very poorly understood at present," Walkinshaw said. He added that both the aging of the Canadian population and the trend for more women to work outside the home could influence the incidence of indoor air quality problems.

Indoor air pollutants range from gases and dust to bacteria and fungal spores, Walkinshaw noted. Buildings, their equipment and their occupants are pollutant sources. The concerns about indoor air quality are real. In a recent study, more than twenty percent of workers in a large Canadian office complex indicated they had suffered from upper respiratory tract and eye irritation which was troublesome at work but not at home.

Generally, the level of pollutants in the workplace is higher than that found in most homes, but there is concern over long-term, low-level exposures to various pollutants, including formaldehyde, which are increasingly present in modern houses. While non-residential building environments will eventually be subject to regulation on indoor air quality, individual home environments will not, even though more time is spent in the home than the workplace.

Walkinshaw called on industry and government to work together on indoor air quality concerns. One area would be to develop screening methods for building materials and furnishings "to help avoid costly future crises such as those that occurred with asbestos and UFFI (urea formaldehyde foam insulation)," Walkinshaw said.

One of the most common pollutants found inside today's homes is formaldehyde which, in concentrations as low as 0.05 percent, can cause allergic contact dermatitis; other symptoms of high formaldehyde concentrations include headaches, nausea, dizziness, burning eyes and fatigue.

Formaldehyde is used in the manufacture of particle board and pressed wood products, adhesives, varnishes and lacquers, textiles, wall paper, carpets and curtains. Other common pollutants include carbon monoxide, carbon dioxide, nitrogen dioxide, radon gas, and particulates.

Fungi and moulds are also a concern. A recent study of a house in Chicago found a two-cm layer of dust containing moist lint and carpet fibres in a cold air return duct; a mould grew there and caused headaches, fatigue, dermatitis, intermittent localized hair loss, and general malaise, Walkinshaw reported.

"The emerging indoor air quality concerns have potentially significant implications for Canadians who, because they live in a colder climate, spend a great majority of their time indoors," Walkinshaw said. People are now spending large amounts of time indoors in summer as well, thanks to air conditioning which lowers the amount of fresh air that gets into the house.

Occupants of tight houses with whole-house air conditioning should be aware of these indoor air quality concerns and take the appropriate action. This would include opening windows and doors on cool days and evenings to let fresh air into the house. It also means practising caution in the use of chemical cleaners when the house is shut and the air conditioner is operating.

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[KIP PARK is a Winnipeg journalist who has long been aware of the problems of the environmentally ill. BRAVO! to him, and to the WINNIPEG REAL ESTATE NEWS, for their concern and attention to the growing problem of "sick" homes and buildings. Stay attuned!]

VITAMIN C ENHANCES MILK IRON ABSORPTION Iron deficiency continues to be widespread among infants in most countries. A recent study of 396 infants fed with cows' milk infant formulas found that iron absorption was doubled when vitamin C was added. The milk formulas were fortified with ferrous sulfate in concentrations varying between 10 and 19 mg. of elemental iron per liter. Vitamin C supplementation ranged from 100 to 800 mg. per liter. The research was reported in THE AMERICAN JOURNAL OF CLINICAL NUTRITION, June 1986. [Let's LIVE, September 1986.]

MYSTERIOUS AILMENT SUBJECT OF REPORT

Ontario is inviting scientists to submit proposals for research into the mysterious ailment of environmental hypersensitivity, Health Minister Murray Elson said yesterday. He also released a report that concludes there is likely a scientific basis for the life-threatening disorder. [Toronto Globe & Mail, 12-20-86 p.4]

DOCTOR LINKS FOOD, EMOTIONAL WOES

(New York UPI) Certain foods can trigger severe emotional disturbances, according to psychiatrist Dr. Stuart Mark Berger. Many people become depressed, irritable or fatigued when they consume such common items as yeast, liquor, vinegar, cheese, mushrooms or dried fruit. "Each of us has hidden sensitivities to certain foods that, when eaten, react with the white cells in our blood, damaging hundreds of thousands of them. Each person's specific food sensitivities are so unique that they make up a sort of biochemical fingerprint. Even siblings raised together, eating the same foods, develop different food allergies." Berger said sugar is another food that commonly triggers mood swings. Another expert, Dr. Theron Randolph, said that because of food intolerance, "thousands of people find themselves dubbed neurotics and psychotics." [Reno Journal, 12-12-84, reporting on an article in Parade magazine. Thanks, Patricia Nightingale!]

HEALTHY HOUSEPLANTS?

Researchers at the National Space Technologies Laboratories in Bay St. Louis, Miss., say that some common houseplants may remove pollutants from indoor air. Using tiny leaf openings called stomata, the plants may absorb three potentially harmful chemicals - carbon monoxide and nitrogen dioxide, and formaldehyde, a suspected carcinogen emitted by some plastics. Researchers say that, to clean the air in an average-size house or apartment, you may need about 15 houseplants, such as the spider plant, Chinese evergreen, peace lily and golden pothos. [Source magazine and date unknown. Oops, someone forgot.]

BIOCHEMIST LINKS TYPE OF FOOD TO SWINGS IN MOOD, ALERTNESS

(Sandy Rovner, The Washington Post) Scientists are learning that mood may be profoundly influenced by a handful of M&Ms, a can of tuna fish, or a cup of coffee. What you eat and when you eat it can make you irritable or calm, energetic or lethargic, sleepy or alert. The theory goes you can influence your mood and your intellectual capacity by manipulating your food intake. Dr. Judith J. Wurtman, a Ph.D. nutritional biochemist and research scientist at the Massachusetts Institute of Technology, has translated findings about the biochemistry of the brain into her book, MANAGING YOUR MIND AND MOOD THROUGH FOOD, which deals principally with three brain chemicals, or neurotransmitters. Wurtman bases her food-mood hypothesis and strategies on neurochemical research pioneered in large part by her husband and colleague Dr. Richard J. Wurtman, a neuroendocrinologist at M.I.T., and by a growing number of scientists around the world. [Winnipeg Free Press, 1-19-87, p.13. Thanks, Barbara Petrowski.]

[Some of the most informative stories are found in LETTERS TO THE EDITOR features in local newspapers. The following exchange appeared in the Winnipeg Free Press on Nov. 24 and Dec. 3, 1986.]

ALLERGIES

It is time that we recognize what a serious problem allergies can be, and what we could be doing to minimize their tragic consequences. My nephew died suddenly in October, at the age of 25. He was allergic to peanuts and had always taken great care to avoid eating them. He could not have expected the fatal result of eating two egg rolls cooked in peanut oil. The peanut was deceptive, but deadly.

We associate allergies with hives and sneezes and fail to give them the attention they deserve. I believe we should have an annual Allergy Recognition Day, stressing the importance of checking out allergic symptoms with our physicians for verification. It could also remind us of the importance of wearing a medic-alert bracelet indicating the nature of the allergy.

Charles Browel of Browel's Manufacturing (manufacturer of medic-alert bracelets) of Winnipeg, told me that most medic-alert bracelets requested were for pharmaceutical allergies or requirements. Although persons have serious food allergies, they wear no bracelets. The most common allergies are from nuts, seafood, milk, wheat flour and poultry.

Wearing medic-alert bracelets, alone, will not solve the problem for allergy sufferers. It is time that knowledge of food ingredients became available to the food allergy sufferer. Eating at home is usually not too difficult when the person is aware of the allergy. Eating out is a serious problem because a typical menu may include a lengthy list of allergens. Doug Hales, general manager of the Westin Hotel in Winnipeg, suggests that a notice could be placed in the menu, "Attention Allergy Sufferers. Please inquire from your waiter or server about any ingredients to which you may react unfavourably."

I was informed by Brian Dusik, pharmacist at the St. James Pharmacy, that available at his pharmacy is an emergency kit - the ANA-Kit, which includes adrenalin and antihistamine tablets. This can be administered easily and quickly to give relief to the allergy sufferer, while waiting for professional assistance. Mr. Dusik reported that very few kits have been prescribed by doctors. Why? [Margaret Irvine, Winnipeg]

ALLERGY DAY

Reading Margaret Irvine's letter ALLERGIES, I was struck with dual emotions - sadness and interest. Sadness because of the tragic and needless loss of her 25-year old nephew as the result of a severe allergic reaction, and interest since I am a practising allergist and hence no stranger to such disastrous consequences of allergies.

Most people associate the word allergy with itchy eyes or sneezing spells and other irritating but minor symptoms. It is unfortunate that other symptoms of allergic origin - such as severe headaches, abdominal cramps, diarrhea, bloating, nausea and vomiting, persistent colds, asthma, eczema and hives - are not perceived to be manifestations of allergic conditions when,

indeed, they might be. In many cases, these symptoms may be a mere nuisance for the allergy sufferer. However, in severe allergic disorders, especially those which are associated with food, drugs, insect bites or cases of severe asthmatic attacks, the situation can become life threatening.

Margaret Irvine's suggestion of having an "allergy recognition day" in order to increase public awareness of allergies, is a constructive suggestion. It would undoubtedly alleviate much suffering. [Jagat N. Singh, M.D., Winnipeg]

[Further to the Medic-Alert bracelet. I wear one, and urge anyone with multiple complex allergies to do so. For information on this potentially life-saving bracelet or pendant, you should write the CANADIAN MEDIC-ALERT FOUNDATION INC., 293 Eglinton Ave. East, Toronto, Ontario M4P 2Z8, or telephone (416) 481-5175. The Medic-Alert Foundation is a non-profit organization which has been serving its members since 1961. When your life is in the balance, Medic-Alert bracelets can make a difference. I also carry an ANA-Kit, and urge others to question their physicians about prescribing one. YOU must assure your own safety! MMN]

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D R U G A L E R T !

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PHENERGAN Promethazine HCl syrup, a non-prescription drug "recommended" for allergies and travel sickness, and often prescribed by well-meaning pediatricians for "easing teething pains" in babies, has been linked to sudden infant death syndrome (SIDS). In December, 1986, the Montreal office of Rhone-Poulenc, the drug's manufacturer, sent letters to all Canadian doctors, pharmacists and pharmacies warning it should not be taken by children under age two. Included with the letters were packages of warning labels for pharmacists to affix to bottles of PHENERGAN in stock. Rhone-Poulenc also started a media campaign to warn parents who might have bottles bought before the danger was known, and Health and Welfare Canada has issued a warning about the drug's link to the mysterious deaths of apparently healthy infants. Roger Fontaine, Rhone-Poulenc vice-president of research and development, said two highly regarded Belgium university researchers made the PHENERGAN-SIDS connection in a recently published study, and Belgium removed the drug from all store shelves as soon as the report was made public. Although no incidents have been reported in Canada, Fontaine said the drug is considered a danger to infants because it works on the central nervous system, repressing the respiratory system - which inexplicably fails in apparently healthy infants in sudden infant death syndrome. As of January 22, 1987, many pharmacies were ignoring the warning, and continuing to sell the drug without cautioning labels. However, Stewart Wilcox, registrar of the Manitoba Pharmaceutical Association, was quoted as saying he would take immediate action to ensure the unmarked bottles were taken off pharmacy shelves, and placed in the dispensary to be sold only on request. [Winnipeg Free Press, 1-22-87, p.3. NOTE: PHENERGAN IS AN ANTIHISTAMINE (PHENOTHIAZINE) TRANQUILIZER. MMN]

UNCOMMON ALLERGIES

(by John Martellaro - Kansas City Times) Probably no other human ailment is misdiagnosed as often as food allergies. There are parents who attribute their children's behavior problems to food allergies when the kids are simply spoiled, and there are people who are considered sullen, moody and nasty, but could actually be quite charming if their undiagnosed food allergies weren't making them so miserable. Add the fact that much controversy over the nature of food allergies still exists within the medical and scientific community, and you have a complicated situation. Some researchers suspect that the body normally suppresses allergic reactions, and that the suppression system can get shifted out of balance. A "true food allergy" occurs when a component of a certain food, usually a protein, is identified by the body's immune system as an "invader" and attacked, in much the same way that invading germs are attacking the body. A substance that provokes such a reaction is known as an antigen. The microscopic war usually results in the release in the body of histamine, the same chemical that makes your nose run and your eyes water during hay fever season. In some people, internal contact with a food allergen causes a more potent reaction. Other chemicals are released that cause swelling of certain tissues, spasms in the intestinal tract and dilation of blood vessels, often causing migraine-like headaches. In the most sensitive people, the muscles that control breathing also begin to spasm uncontrollably and this can cause wheezing, coughing - and worse. Those who die from food allergies usually choke to death. Those with extreme allergic reactions must be careful about what they eat, read labels carefully, and inquire about the ingredients in any food that might contain even a small amount of the antigen. There are two basic types of allergic reactions, immediate and delayed. The immediate reaction occurs after the problem substance is consumed, anywhere from scant seconds to 15 or 20 minutes. A second type of allergic reaction to food takes from four to eight hours to develop. It involves a different antibody system, and the most common symptoms are cramps and diarrhea, although it also occasionally produces headaches or fatigue. Many researchers think the delayed reaction is caused by a substance produced from the food during digestion, and that the immediate reaction is caused by a protein found naturally in the food. New technology has made diagnosis of food allergies simpler and more reliable. Sophisticated lab equipment can now analyze blood to find specific antibodies, called immunoglobulins, that react with specific antigens. By analyzing a blood sample, doctors can discover what substances a person is allergic to. Although there is controversy about food allergy and the method of diagnosis, there is no argument on the method of treatment - AVOIDANCE. [Winnipeg Free Press, 11-4-86]

ALLERGY MAN INHABITS FOIL COCOON

(Woodbury, N.J. AP) James McAdam no longer vomits 100 times a day, gasping for air and writhing in pain. Severe allergies sickened him for the first 37 years of his life, but since he sought help three years ago, when they became life-threatening, he's finally learning to live with them. McAdam spends most of

his days in his shiny cocoon of a bedroom, where the walls, floor and ceiling are covered with aluminum foil to keep him free from dust, plaster, and chemicals. Three years ago he went to a Chicago clinic and, after weeks of tests, learned that he suffers from what is known as an environmental disease, a universal allergy to just about every man-made substance and many natural items. Dr. Theron Randolph, founder of the clinic and an internist and allergist, said the severity of McAdam's allergies is "exceedingly rare", but that many people are allergic to common substances. "Sometimes it's food, and sometimes it's environmental chemicals that people encounter on the job, or cigarette smoke. They come to me with fatigue, headaches and multiple aches and pains in the joints, and the inability to think rapidly." When McAdam returned home, he spent 18 months in his bedroom, while his body slowly adjusted to an allergy-free lifestyle. He reads books and newspapers in a metal-and-glass box, wears only 100% cotton clothes, and watches a tiny TV for about an hour before the fumes from its plastic parts sicken him. He shaves with spring water, brushes his teeth with baking soda and a toothbrush with a bone handle, and eats a strict four-day rotation menu of organic fruits, vegetables and meats cooked in spring water in a glass pot. His mother washes all his new clothes about a dozen times in baking soda and vinegar before he can tolerate them. Even as a youngster, McAdam remembers being ill at school. He was never able to work. He would not say how much it costs his parents to take care of him and keep all four members of the family (his sister helps to care for him) in a chemical-free environment, but he said they pay for everything with no outside help. If he continues to progress in his controlled environment, he thinks he'll be able to resume some of his former activities. He feels he's come a long way, and hopes to continue to improve in the future. Hopefully, it will get better. HOPEFULLY. [Winnipeg Free Press, 12-30-86, p.21]

[Thanks to Marg Lamothe for sending the next three items. MMN]

FARMING AND CHEMICALS

The problem of human exposure to toxic chemicals from food consumption was well documented in the article 'Ontario Foods Contain Dioxin' (May 20/86, Globe and Mail), but the article failed to mention that solutions to this problem are available.

When farmers use organic or biologic farming practices, they reduce the toxic chemical load in our environment in three ways. There is a direct reduction because organic farmers use mechanical and biological techniques instead of toxic chemicals to manage pests and soil fertility.

As more farmers adopt these techniques there is an indirect reduction due to reduced demand for toxic chemicals and toxic chemical factories. This leads to fewer dump sites, fewer incinerators and less effluent in our waterways.

Organic farming practices also prevent soil erosion and the pollution of ground water. The load of toxic chemicals is reduced in the environment, and the cost of prevention is carried by the farmer, not the downstream towns and cities that would otherwise pay for the clean-up.

Organic agriculture is cheaper for the farmer than "quick fix" chemical solutions. Input costs and dependency on long-term loans are reduced in comparison to toxic chemical agriculture.

Two factors limit the wide-scale introduction of such an obvious, positive and cost-effective solution. The first is that most farmers do not have the experience or training required to work with a diverse and balanced ecology. The second is that farmers receive most of their information through government and corporate channels, which appear to discourage any attempt by farmers to reduce their dependency on toxic chemicals.

Admittedly, conversion to organic agriculture will not eliminate all toxic substances from our environment. It can, however, in a positive and productive way, keep millions of pounds of these poisons out of the food chain.

(signed) Ken McMullen,

President, Canadian Organic Growers, Toronto.

[Globe and Mail, July 7, 1986, and * COGNITION, The Newsletter of the Canadian Organic Growers, July 1986. * Recommended Reading!]

COFFEE DEPLETES BODY OF CALCIUM

For every two cups of coffee, drink an extra one-third cup of milk or eat an ounce of cheddar cheese, advises a scientist at Washington State University. Linda Massey found caffeine increases the body's need for calcium. Checking out adolescents, people with high blood pressure, and women over 35, all believed to be at risk of developing complications because of calcium loss, Massey found caffeine consumption doubled calcium loss through urination in all but two cases. A report in the Medical Post says the study found caffeine interferes with the ability of the kidneys to reabsorb calcium from the urine. [The Toronto Star, July 26, 1986, and THE HEALTHY LIVING REPORTER, Nov. 1986.]

UNUSUAL SIDE EFFECT OF NSAIDS

Nonsteroidal anti-inflammatory drugs (NSAIDS) are widely used to help limit the pain of many types of arthritis [and injuries such as "tennis elbow" and strained/sprained ligaments]. The British Medical Journal of Feb. 8, 1986 reported cases of severe reactions to bee stings while on such medications. After stopping the medication, each person who was stung had a much less severe reaction. The physicians from the department of orthopedic surgery in East Birmingham Hospital feel that all beekeepers should be warned of this possible hazard. [G. Joy Underwood, The Healthy Living Reporter, February 1987.]

TOUGH ANTI-POLLUTION RULES PROPOSED

Manitoba Environment and Workplace Safety and Health Minister Gerard Lecuyer introduced a Discussion Bill entitled 'New Environmental Legislation for the Province of Manitoba' in September, 1986. He noted that "recent studies have shown that a majority of Manitobans place a high priority on a clean and safe environment". The Manitoba NDP government places a high priority on environmental concerns and will, with the passage of this Act, have some of the best environmental legislation in Canada.

[NDP Newspaper, December 1986. BRAVO, MR. LECUYER! DO IT! MMN]

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